IN-HOME SAFETY FOR OLDER ADULTS



In 2025, Fairfax County Fire and Rescue responded to **15,168** calls for falls or lift assists. A majority involving residents **over the age of 60.**

Most falls are preventable.

Resources For Older Adults & Families



Fairfax County has a range of services and supports to help older adults age safely in place. Explore what's available.

www.fairfaxcounty.gov/familyservices/older-adults

Fall Prevention Tips

Remove Tripping Hazards:
Secure or remove area rugs and clutter from walkways.

Install Grab Bars:
Especially near toilets, tubs, and showers.

Improve Lighting:
Use nightlights in hallways and bathrooms.

Wear Proper Footwear:
Closed toed with snug fit and non-slip soles.

Stay Active:
Exercise to improve balance and strength.

Review your medications:
Talk to your doctor about side effects that may affect balance.

Keep frequently used items within reach.

FIRE & RESCUE DEPARTMENT
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